

APPENDIX B PREINTERVIEW CHECKLIST

The following checklist is designed to spark recollection of past and present exercise participation. Please take your time and answer as accurately as possible by placing a check mark in any or all of the time periods that you may have participated in that particular exercise. Please complete this form and bring it with you to our interview.

	<u>Adolescence</u> <u>(10-17)</u>	<u>Young Adulthood</u> <u>(18-39)</u>	<u>Middle Adulthood</u> <u>(40-64)</u>	<u>Late adulthood</u> <u>(65+)</u>
<u>House chores</u>				
• Vacuum	_____	_____	_____	_____
• Dusting	_____	_____	_____	_____
• Laundry	_____	_____	_____	_____
• Mopping	_____	_____	_____	_____
• Please list others:	_____	_____	_____	_____
<u>Farm work</u>				
• Milking cows	_____	_____	_____	_____
• Planting fields	_____	_____	_____	_____
• Working machinery	_____	_____	_____	_____
• Please list others:	_____	_____	_____	_____
<u>Yard work</u>				
• Mowing the lawn	_____	_____	_____	_____
• Raking	_____	_____	_____	_____
• Gardening	_____	_____	_____	_____
• Pruning	_____	_____	_____	_____
• Please list others:	_____	_____	_____	_____

	<u>Adolescence</u> <u>(10-17)</u>	<u>Young Adulthood</u> <u>(18-39)</u>	<u>Middle Adulthood</u> <u>(40-64)</u>	<u>Late adulthood</u> <u>(65+)</u>
<u>Games</u>				
• Stick ball	_____	_____	_____	_____
• Kick-the-can	_____	_____	_____	_____
• Roller skating	_____	_____	_____	_____
• Pick-up ball games	_____	_____	_____	_____
• Please list others:	_____	_____	_____	_____
<u>School</u>				
• Physical education	_____	_____	_____	_____
• Wood shop	_____	_____	_____	_____
• Home economics	_____	_____	_____	_____
• Please list others:	_____	_____	_____	_____
<u>Organized sports</u>				
• Baseball	_____	_____	_____	_____
• Football	_____	_____	_____	_____
• Basketball	_____	_____	_____	_____
• Hockey	_____	_____	_____	_____
• Cheerleading	_____	_____	_____	_____
• Please list others:	_____	_____	_____	_____
<u>Family responsibility</u>				
• Caregiving				
Children	_____	_____	_____	_____
Parents	_____	_____	_____	_____
• Please list others:	_____	_____	_____	_____

	<u>Adolescence</u> <u>(10-17)</u>	<u>Young Adulthood</u> <u>(18-39)</u>	<u>Middle Adulthood</u> <u>(40-64)</u>	<u>Late adulthood</u> <u>(65+)</u>
<u>Employment</u>				
• Manual labor	_____	_____	_____	_____
• Working with heavy machinery	_____	_____	_____	_____
• Please list others:	_____	_____	_____	_____
<u>Outdoor recreational sports</u>				
• Swimming	_____	_____	_____	_____
• Walking	_____	_____	_____	_____
• Jogging	_____	_____	_____	_____
• Biking	_____	_____	_____	_____
• Playing tennis	_____	_____	_____	_____
• Golfing	_____	_____	_____	_____
• Skiing	_____	_____	_____	_____
• Please list others:	_____	_____	_____	_____
<u>Exercise</u>				
♦ Aerobics	_____	_____	_____	_____
♦ Calisthenics	_____	_____	_____	_____
• Jazzercise	_____	_____	_____	_____
• Yoga	_____	_____	_____	_____
• Step	_____	_____	_____	_____
• Please list others:	_____	_____	_____	_____

	<u>Adolescence</u> <u>(10-17)</u>	<u>Young Adulthood</u> <u>(18-39)</u>	<u>Middle Adulthood</u> <u>(40-64)</u>	<u>Late adulthood</u> <u>(65+)</u>
<u>Physician recommended</u>				
• Physical therapy	_____	_____	_____	_____
• Cardiac rehabilitation	_____	_____	_____	_____
• Please list others:	_____	_____	_____	_____
 <u>Formal exercise at health club</u>				
• Weight training	_____	_____	_____	_____
• Nautilus	_____	_____	_____	_____
• Treadmill	_____	_____	_____	_____
• Bike	_____	_____	_____	_____
• Please list others:	_____	_____	_____	_____